

# Lincoln City Pools...

**Swim Lessons,  
Pool Rentals,  
Swim & Dive Teams,  
Water Safety,  
Programs,  
Swim Leagues,  
Employment,  
Night Splash Events,  
and Ton's of Fun!**

## GENERAL POOL RULES

- Youth under 7 must be accompanied by a person 16 or over.
- If diaper is worn, it must be a swim diaper.
- No street clothes allowed in the pool or on the pool deck.
- Floating apparatus are allowed in the baby pool only.
- Inner tubes, waterwings and air mattresses are not allowed.
- Water toys are generally not allowed.
- USS Coast Guard or Red Cross life jacket is allowed.
- No smoking allowed in pool area.
- If by 3 pm the air temperature has not reached 70°, a determination will be made to close.
- Please check the entrance of the pool for additional rules and regulations.

**Want to make a splash at your next event?  
Why not rent a pool!**

You can rent one of the City pools after hours any day of the week. Rental times are generally Mondays - Fridays 8:00 - 9:30 pm, and Saturdays and Sundays from 6:00 - 7:30 pm, or 8:00 - 9:30 pm. Some pools may even be able to host your event in the morning.

Pool	100 Guests	Each Additional Guest
Highlands Pool	\$110.00	\$1.00
University Place	\$145.00	\$1.00
Woods Pool	\$145.00	\$1.00
All other pools	\$95.00	\$1.00

Star City Shores \$400.00 fee covers up to park capacity  
Saturday Mornings - 10-11:30 am  
After Hours - 8:30 - 10:00 pm  
Sunday mornings by special arrangement

## Swim and Dive Meet Rentals:

Woods Pool \$350.00 (Entire pool/per day)  
\$100.00 (Diving well only, per day)

**Rent the  
Pavillion  
at  
Star City Shores  
Call for details  
441-6666**

**New in  
2004!  
Woods Pool  
Sprayground!  
33rd & J Streets**

**it's just like you remember...fun!**

## NIGHT SPLASH just for MIDDLE SCHOOLERS

**3 summer nights filled full of  
music, food, and water fun!**

**102.7KFRX**  
LINCOLN'S HIT MUSIC

**Pizza  
Hut**

**102.7 KFRX provides the music.  
Pizza will be provided by Pizza Hut.  
There is also PRIZES, games  
and lots of other kids.**

**It all adds up to tons of fun!**

**Thursdays 8:30 - 10:30 pm**



**June 17 Arnold Heights, Irving Pools & University  
Place Aquatics Center**

**July 15 Ballard, Belmont, and Eden Pools**

**August 12 Meadow Heights, Woods Pools, and Star City  
Shores**

**Sponsored by Lincoln Parks and Recreation,  
102.7 KFRX & Pizza Hut.**

## Swimming Pools and Aquatics Centers (OPEN JUNE 5 - AUGUST 22)

<b>Arnold Heights Pool</b> 4000 NW 46th 441-7829 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Youth 0-2: Free Youth 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	<b>Ballard Pool</b> 3901 N 66th 441-7898 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Youth 0-2: Free Youth 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	<b>Belmont Pool</b> 12th & Manatt 441-7826 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Ages 0-2: Free Ages 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	<b>Eden Pool</b> 4400 Antelope Creek 441-7827 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Ages 0-2: Free Ages 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00
<b>Irvingdale Pool</b> 1900 Van Dorn 441-7828 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Youth 0-2: Free Youth 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	<b>Kuklin Pool</b> 2300 "N" 441-7897 Everyday: 1:00 - 6:00 p.m. <b>Admission:</b> Youth 0-2: Free Youth 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	<b>Meadow Heights Pool</b> 900 W Avon 441-7833 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Ages 0-2: Free Ages 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00	<b>Woods Pool</b> 33rd & J 441-7782 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. LATE Season: 8/28-29 & 9/4-6 1 - 5pm <b>Admission:</b> Ages 0-2: Free Ages 3-17: 2.25 Adult 18 & Over: 3.50 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.20 Adult 18 & Over: 1.85 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 135.00 Youth 3-17: 55.00 Adult 18 & Over: 80.00
<b>Highlands Aquatics Center</b> 5511 NW 12th 441-7800 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Youth 0-2: Free Youth 3-17: 2.75 Adult 18 & Over: 4.00 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.35 Adult 18 & Over: 2.10 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 152.00 Youth 3-17: 62.00 Adult 18 & Over: 87.00	<b>Star City Shores Aquatics Center</b> 4375 S 33rd Court 441-6670 Everyday: 12:30 - 8:00 p.m. <b>Admission:</b> Youth 0-2: Free Youth 3-17: 3.00 Adult 18 & Over: 4.25 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.60 Adult 18 & Over: 2.35 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 170.00 Youth 3-17: 70.00 Adult 18 & Over: 95.00	<b>University Place Aquatics Center</b> 2000 N 48th 441-7834 M-F: 1:00 - 8:00 p.m. Sa & Su: 1:00 - 6:00 p.m. <b>Admission:</b> Ages 0-2: Free Ages 3-17: 2.75 Adult 18 & Over: 4.00 <b>*Low Income:</b> Youth 0-2: Free Youth 3-17: 1.35 Adult 18 & Over: 2.10 <b>**Discounts</b> see below <b>***Passes:</b> Season Family: 152.00 Youth 3-17: 62.00 Adult 18 & Over: 95.00	<b>PRE-SEASON SWIM</b> May 29,30,31 Star City Shores 1:00 - 5:00 p.m. <div style="text-align: center;">   <b>Looking for a pool near you?</b>                      See Pages 16 &amp; 17 for a locator map.                 </div> <div style="text-align: center;">   <b>4th OF JULY Pool Hours</b>  <b>1:00-5:00 p.m.</b>                      All Pools                 </div>

**\*Low income:** Identified by case worker.

**Most Pools** (see below)

Youth 3-17	1.10
Adult 18 & Over	1.75
<b>Highlands &amp; Uni. Place</b>	
Youth 3-17	1.35
Adult 18 & Over	2.00
<b>Star City Shores</b>	
Youth 3-17	1.50
Adult 18 & Over	2.25

Low Income fees paid at the pools

**\*\*Group/Discount Coupon Books**

Youth 3-17 44.00 (30 coupons)  
 Adult 18 & Over 28.00 (10 coupons)  
**Note:** additional fees are required when coupon books are used at Highlands, University Place Pools, (.25) and Star City Shores (.50)  
**Discount Books ONLY** available at:  
 Aquatics Office or Easterday Recreation (See P. 5)

**Daycare Discounts:**(See Page 27 Safety Training)

**\*\*\*Season Passes:** No discounts for Season Passes  
 Purchase at pools or the Aquatics Office (1225 F Street)  
**Family Pass** includes up to 2 adults and 4 youth (3-17) in the same family/household. Add \$10.00 for each additional youth over the first 4.  
**Note:** Additional fees are required per visit when Season Passes are used at Highlands, University Place Pools, \$.25; Star City Shores \$.50. Highland and University Place pass holders need to pay an additional \$.25 per visit at Star City Shores.

## Swim and Dive Leagues (Ages 6 - 18)

Recreation program for youth ages 6 - 18. Neighborhood based teams, great exercise and skill building are just some of the benefits. Participants must have minimal swim/dive skills, not a replacement for swimming lessons. Swim Teams at most public pool locations. Dive teams available at some pools.

### REGISTRATION

Mail in registration began Monday, April 5. Registration forms are available from the Parks and Recreation Administration Office or any City Recreation Center (See Page 5 for addresses) All pre-season registrations are handled at the Aquatics Office, 1225 F St, upstairs.

Swim Teams will be formed at the following Pools:

Ballard	Belmont	Eden	Highlands	Irving
Meadow Heights	Star City Shores	University Place	Woods	

Dive Teams offered at the following Pools: (must have minimal number of registered participants)

Ballard	Belmont	Eden	Highlands
Irving	University Place	Woods	

Will be divided into age divisions:

8 and under, 9-10, 11-12, 13-14 and Junior (18 and under) Division.

Registration Fees: If received before June 1

\$44 for either swim or dive team registration

\$39 second (and each additional) child in either swim or dive

\$15 per child to add a second program

Save by registering early, registration fees increase by \$5.00 after June 1.

1. Registration will continue through June 25 or until team is full.

### PRACTICES

Parent Orientation scheduled for June 13 at University Place Pool and June 14 at Eden Pool. Swim Teams have one hour practices Monday through Friday, June 7 - July 23. Practice times vary from pool to pool, but are generally one hour between 11:00 and 12:45 am. Dive Teams have one hour practices Monday through Friday, June 7 - July 23. Practice times vary from pool to pool and may be in the a.m. or early evening.

### MEETS

Weekly Swim meets Saturday mornings: June 19, 26, and July 10, and Wednesday night, June 30. An all-City Swim meet will end the season on Saturday, July 24 at the Devaney Sports Center. Weekly Dive meets on Thursday evenings: June 17, 24, and July 1, 8. An All-City Dive meet will end the season on Thursday, July 22, location to be announced.

## Swim Lessons at Arnold Heights Pool

Sign-up begins Monday, June 7 at Arnold Heights Pool ONLY. Call the pool for more information. Class levels will be scheduled as soon as need is determined.

Arnold Heights Pool	4000 NW 46th Street	441-7829
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The American Red Cross Learn To Swim Program is used.

Session I	Monday-Thursday	June TBA	2 Weeks	30.00
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Session II	Monday-Thursday	July TBA	2 Weeks	30.00
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Friday is make-up day due to weather cancellations.

## Learn to Swim Program

Co-sponsored by Lincoln Parks and Recreation Department and the Lancaster County Red Cross.

Call 441-6391 to request an informational flyer.

Go to [www.redecrosslincoln.ne.org](http://www.redecrosslincoln.ne.org) for schedule information and registration.

Morning classes start at 9:00 a.m., 10:00 a.m., and 11:00 a.m.,

Belmont	Eden
Highlands	Irving
Kuklin	Star City Shores
University Place	

Evening classes at Kuklin Pool start at 6:15 pm and 7:15 p.m. each session.

Spanish speaking classes being scheduled, call for more information.

Session I	M-F	June 14-25	2 Weeks	40.00
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Session II	M-F	June 28-July 9	2 Weeks	40.00
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Session III	M-F	July 12-23	2 Weeks	40.00
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Session IV	M-F	July 26-Aug 6	2 Weeks	40.00
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REGISTRATIONS handled and organized by the Red Cross Office, 220 Oakcreek Drive. Registration begins May 1st, by mail or internet. Walk-in registration begins May 15.

## Stroke, Float & Water Safety Child Safety At The Swimming Pool For Daycares

FREE! A fun Water Safety program for Daycares and other care providers. Co-sponsored by the Lincoln Parks and Recreation Department and the Lancaster County Red Cross.

Water safety instruction for non-swimmers and younger kids (Grades K-2) in your care. Thirty minutes of water and general pool safety for the kids. A safety presentation for the adult care givers will be presented during the same time.

20% off our Group/Discount Swim Coupons will be allowed to those daycares and other care providers who complete this safety course. The discounted rate is ONLY available at the Aquatics Office (at F St Recreation Center, 1225 F St; 8:00 am.-4:30 p.,, M-F) or Easterday Center (6130 Adams; summer hours 7:00 a.m.-6:00 p.m., M-F

**Kuklin Pool**    **June 8, 9 or 10**    **Tuesday, Wednesday, or Thursday,**  
**9:15-9:45 am or 10:00-10:30 am or 10:45-11:15 am**

**Must pre-register with Lincoln Parks and Recreation.** Group size is limited per session. Call 441-7960 to pre-register your group.

## Safety At Swimming Pools For Care Providers

A presentation for care providers may be arranged. Information from the STROKE, FLOAT and WATER SAFETY course as presented to the adult care givers would be offered. The presentation could be held at any location, a swimming pool is not required. Minimum number of care providers required.

Arrangements must be made in advance with Lincoln Parks and Recreation. Call 441-7960 to make arrangements for our group. vers will be presented during the same time.